



Herbed Brown Rice

Ingredients

3 cups of uncooked brown rice
6 cups of water
1 tablespoon of extra virgin olive oil
5 tablespoons of fresh cilantro leaves
2 heads of broccoli
2 limes
2 tablespoons of paprika
2 teaspoons of cumin
2 teaspoons of garlic powder
1 teaspoon of ginger
3 tablespoons of minced fresh scallions, white and green parts
Salt and black pepper to taste

Directions

1. Combine the brown rice, 6 cups water, the salt, and olive oil in a small heavy-bottomed saucepan. Bring to a boil over high heat; reduce the heat to low, stir once, and simmer, covered tightly, for 30 minutes.
2. Turn off the heat and allow the rice to sit covered for 5 minutes.
3. Add the cilantro, broccoli, scallions, squeeze 2 limes, all the herbs and salt/pepper to taste. Fluff with a fork, and serve.

Makes 12 servings